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The application of Tai chi in sustainable cities. The thinking about addicting the virtual

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Abstract

The main reflections of the contradictions between virtual and reality in sustainable cities are that people Allowed the virtual life. This paper analyses and balances the contradiction between virtual and reality by Tai chi and considers the reasons which arousing the phenomenon of addicting the virtual life from virtual and reality. This paper provides two ways limit the factors of addicting the virtual as well as improve people's minds to resolves the problem of wallowing the virtual.

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1. The analyze of addicting the virtual

The media has reported that a student has cost twenty thousand Yuan just for games and even wants to sell the painting that the collection of his grandfather. When people ask why he did this, he always thinks that others who never play the game could not understand the secret in it. What kind of secret makes the boy addicting is hard to understand for normal people. Nowadays, many people addicted in the virtual and forget everything of their real life like school, family, even their life. So, why people addicted in the virtual and treat it as their home. For this question, we need consider the reasons of virtual and reality according to the contradiction between the virtual and reality society.

1.1. The reason of virtual social

As the development of technology of information, virtual society is advanced. It is a system of social relations. The appearing and developing of the virtual society provides a new space for people's developments, changes the structure of our society and the way of our living and thinking, and forms our virtual way of our living and thinking. The development of the virtual society is diversification and lead to people addicted in it is the development of the net games, the platform of making friends and the leisure games. The development of games from easy to complex, two dimensions to three dimensions, simple to diversification, single to net. From now on, there are more than 500 kinds of net games exclude the page games and single games. The appearing and developing of the virtual society is serving for the people. It is the purpose of people's needs. It is the external reason of people addicting the virtual and the true reason is the reality society.

1.2. The reason of real social

To many people, life is traditional and reality. Such kind of life is boring because nothing happen, and no passion in daily life. But troubles will trouble us if something is happened. The interesting contradiction to people is that they hate the boring and quiet life and don't want their quiet life to be disturbed by troubles. The virtual social is a perfect way to resolve this contradiction. It not only create stories that we are personally on the scene for our flat life, but also need not worry about the pains and pressures those happened stories give us. Because the pressures of our real social, social responsibilities, dissatisfaction to the really life and void in their life, people is addicted in the virtual. What's more, the reason of the withdrawn character makes people go to the virtual social to make friends. At last, searching for a feeling of identity and the balance of psychology also make people addicted in it. For example, the evening paper of Cheng Du published an article. It is said that player yang a CEO in a famous company spends much money and spirit in the game MIR2. He played games because in real social, the depression of his company confused him and he find his confidence and honor that almost have lost in the reality society come back to him. The consequence is that his wife left him and the company fired him. It is easy to see that people addicted in the virtual is always aroused by the problems man meat in the real life.

2. The influence of addicting the virtual to the real social

No matter to individuals and society, the damage of addicting the virtual is great. As reported that at least ten percent of students addicted in the net. Experts said that young persons will have desire to play it again and again when they addicted in it, and if not, they could be worried and blues. The net is a way to study and entertain, but there are many damages to people who addicted in the net, especially the young

persons. It has a disadvantage to study, damage the brain and harm the vision and nerve. It will bring the crimes such as fight, gamble, and rob. The young pioneer is the future of our society. If the advance of their body and mind is blended, it's disadvantage to the development of our society and sustainable cities. So we need known and treat the virtual social in a right way.

3. The application of Tai chi in the contradiction of virtual and reality

A department of China put forward a technologic method to resolve the situation of young pioneers addicted in the virtual in 2005. If this method applies in a game and young persons play this game beyond three hours, the game will give a caution and urge persons to have a rest by reduce the experiences and income. The system of preventing addiction began to apply officially in the World of War craft in July 4, 2007. But during the process of application, many problems of this system were found. Firstly, the system of preventing addiction aim at only one game, it means that, when young persons play a game for more than three hours, he could change another. Then, it only allusion to young persons by the certification of identity and doesn't work if young persons use adults' identity to certify. In conclusion, the current system of preventing addiction just takes a temporary solution not effect a permanent cure. It only pays attention to the virtual reason and ignores the real social reason. We need have a correct understand about the contradiction of virtual and reality and people in the contradictory relationship to deal with phenomenon of addicting the virtual.

3.1. Using Tai Chi analyzes the contradiction between virtual and reality

Using Tai Chi to balance the contradiction between the virtual and reality has very important practical significance. Tai chi is a theory that pursuit the balance of yin and yang in the contradiction and pursuit the harmony in many contradictions. Tai chi has yin and yang and Yin not leave yang and yang not leave yin, the yin and yang is theory of nature. This is the identity of contradiction and the inherent properties of contradictory mutual interdependence, mutual attraction and common development. Virtual and reality is two aspects of contradiction. The performance of virtual and reality identity is that the development of the virtual society provides convenient and makes a more efficient life for real social. The developments of the real world provide a guarantee for the further development of the virtual community, too. The Tai Chi pursues coexistence of man and nature, yin and yang. Only yin or yang is a sick. It mainly reflects on the struggle of both sides. Struggle of the contradiction between the two sides is mutually exclusive, conflicting with each other, the trend of mutual divorce. But the absolute virtual makes people get away from reality and the permanent reality is not conducive to ideological and spiritual development and does not meet the development trend of modern urban sustainable. Universe is from nothing to Tai chi. The original mean of Tai chi is the centre of universe, is the abstract understand of the big bang of universe. We should think about the centre, the point of balance—the people in the contradictory relationship to balance the contradiction between virtual and reality. Both of virtual and reality are served for man. It shows people's situation of development now and future. Man is the basic of real social and real social provide the living conditions for persons. The virtual society that is created by man provides more choices for people's life. Active or passive addicting the virtual is the result of the dissatisfaction to the real social. So, we should clear understand that the reality society is the fundament of people's being and the virtual society is the extension of reality. The reality is the key and the virtual is the auxiliary. Their relationship is just like the right of life and development, right to life is gone, it does not matter right to development.

3.2 The application of Tai chi

How to use Tai chi in the practice of society and construct a system of society that based on Tai chi? As we all know that an equal mass is the key to keep the balance being balance and hours of sleep in a day is 8 hours, during the day time is 16 hours of life. Both of them are the exemplification of balance. So, how to seize the balance in virtual and reality? The data of three game hours is a basis. We need consider how to guide the people who addicted the virtual to separate the addiction and give a correct clearness to normal persons, when we construct the system of preventing people addicting the virtual that based on tai chi.

In virtual society, we mainly adopt the passive, mandatory measures. It breaks the net for an hour to enforce people have a rest or do something else, if the work time of the IP beyond three hours. It can make people back to reality from virtual for people who addicted the virtual and benefit for people's health, organizing ideas and doing a better job for the normal people. What' more, restrict the development of net games is necessary. Tai chi pursuit the coexistence of man and nature, the coexistence is naturally and unconscious. It means that the development of man and nature should be unified. However people in their own development process go against the natural because of the affluence of all kinds of fames and desires. Tai chi makes people's development return to unify nature in the process of balancing the contradiction. For the social phenomenon of addicting the virtual, based on Tai chi, society should satisfy the wish of self-existent and self-realization in reality. Self-realization is the self-satisfaction after a person's potential and ability can be fully demonstrated. Different abilities of people lead to different levels of self-realization. We should have a correct understanding about our self-realization at first. If we don't a right knowledge about our self-realization and don't know how many abilities we have, we could not make a correct target. It is hard to self-satisfaction with a too high purpose and hard to have a full self-satisfaction with a too low purpose. Self-realization is not to match with others and pursuit something difficult to get even couldn't have. Self-realization is a continuous process, not overnight. We can develop a small plan in a day and achieve it to enrich ourselves and show ourselves. Recognizing the importance of ourselves in the reality social and developing ourselves correctly through experience of the self-realization again and again in the reality social. We can reach the coexistence of man and nature truly and prevent addicting the virtual fundamentally.

4 The summary

The contradiction between virtual and reality and the phenomenon of addicting the virtual bring some problems to our life. Undoubtedly, it has a great disadvantage to our sustainable cities that young person who addicted the virtual arouse the fault of social development. People doubt the necessity of developing the virtual society because of the social influence that addicting the virtual has made. It has a great significance to come true the harmony development of virtual and reality and advance the construction of sustainable cities that using Tai chi to balance the contradiction between virtual and reality and understand and develop self.

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